



# FAIRCHILD



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Airman Nathan Putz

### Where's the heat?

Staff Sgt. Sean Morgan and Tech. Sgt. Tom Johnson, heating ventilation and air conditioning, and Airman 1st Class Jameson Fetzer, structures, 92nd Civil Engineer Squadron, inspect a heater during the Ability to Survive and Operate exercise Dec. 4 at Camp Airey. Temperatures during the ATSO exercise ranged from 22 to 36 degrees. For more photos from the ATSO exercise, see Pages 12 and 13.

## Tanker Pride



Senior Airman Joshua Strang

Maximum speed is 0.9 mach/ maximum range is 12,700 miles/ maximum altitude is 49,000 feet/ maximum take off weight is 322,500 pounds.

# Exercise fantastic learning opportunity

**By Airman Nathan Putz**  
92nd Public Affairs

More than 250 personnel from around base participated in training during the Ability to Survive and Operate exercise Dec. 4.

The exercise simulated a deployed location under subjected to various forms of attack

"Last week's Ability to Survive and Operate exercise was a fantastic learning opportunity," said Col. Diane

Hull, commander, 92nd Operations Group. "It was designed for personnel who are new to their positions in the expeditionary Air Force structure or might not have deployed into a bare base before."

Throughout the day evaluators presented different scenarios a deployed base might encounter. Each section participating was faced with different problems ranging from combat stress to

gunshot wounds.

"We certainly have individual and team areas we can improve in, but everyone did a great job considering this base hasn't practiced an ATSO scenario in almost three years," said Colonel Hull. "Exercises like this help us improve and test our readiness to perform our combat mission."

Each injury or incident required participation from more people than were just in

the immediate vicinity. A broken bone could take out not only the injured person, but also the one performing self-aid and buddy care. Each situation could lower mission effectiveness and complicate simple tasks.

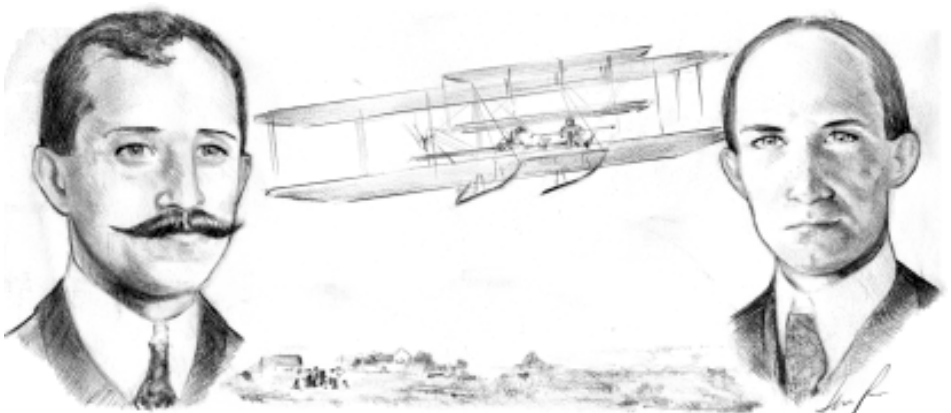
"Personnel were able to respond in a timely manner, however, we did find that the simplest of tasks become complicated while trying to

— See **ATSO**, Page 6

# AF leaders celebrate Centennial of Flight

WASHINGTON (AFPN) -- *The following is a joint message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:*

“It was the most significant 12 seconds of the last 100 years. “On Dec. 17, 1903, two bicycle builders from Ohio, Orville and Wilbur Wright, launched the world on a path to the heavens when their rudimentary airplane of wire, wood and canvas wings lifted off a windy, grassy hill at Kitty Hawk, N.C. “Since their marvelous achievement, aviation has enabled our expansion, enhanced our commerce and expanded our communication. “Military aviation developed



Wilbur and Orville Wright, The Wright Brothers

Illustration by Tech Sgt. Joseph Parham

quickly after that first flight. The names and exploits of our airpower pioneers are melded into our nation's history: Rickenbacker, Mitchell,

Doolittle, Davis, Cochran and Yeager, to name just a few. “While our past is storied, our present and future remain as

boundless and adventurous as the Wright Brothers' dream. Because of our great airmen in today's Air Force, we have developed, operated, and exploited advanced weapons systems and technologies -- from sensors and aircraft to lasers and satellites -- enabling us to own the ultimate high ground and dominate any battlespace. “The Centennial of Flight is as much about our future as it is about our past. We commend you for all that you do every day to promote this heritage and provide our nation with the finest air and space force in the world. “We're proud to serve alongside you as we continue to discover ways to slip the surly bonds and deliver peace and freedom for our nation.”

## Media violations: Disinformation fastest way to lose credibility

Are you begging to get your 15 minutes of fame? Do you want to be in the spotlight? Be careful, the lights are hot and you could get burned. Here's why: Active duty personnel and civilian employees must not provide official Air Force information to any non-DoD member or agency, including news media, without prior approval from public affairs. AFI 35-101 mandates this. Commanders have the authority to punish individuals who violate the provisions of Air Force instructions. Your desire to be in the spotlight could put you in the hot seat.

Why are we telling you this? There are some individuals who have failed to abide by this mandate and have taken it upon themselves to alert the media, and in some cases provide pictures, of Fairchild's recent events. When the roof blew off our fitness center a local media outlet had pictures and details, albeit incorrect details, within minutes. Besides being in direct violation of an Air Force instruction, these actions created a serious problem in getting the real story to the public. The media was contacted and told that the roof had blown off... fact. They were also told that

there were three individuals trapped under the metal roof and it was unknown if they were dead or alive... fiction. The fact of the matter is that the three "victims" were vehicles belonging to the gym and aquatic center staff. Stay in your lane is the message here. Do your job; let PA do theirs. If the media needs information, they know whom to call. Disinformation is the fastest way for an organization to lose credibility. The story will get told... accurately and timely. REMEMBER - LOOSE LIPS SINK SHIPS. (Compiled by the 92nd Public Affairs and Legal offices.)

## Commander's Direct Line

The Direct Line is an integral part of the base feedback network. It's one way to help make Fairchild a better place to live, work and play. People are encouraged to use their chain of command to address concerns — coordinate with supervisors, commanders, first sergeants or facility managers prior

to the Direct Line. If you aren't satisfied with the response, or are unable to resolve the problem or concern, call the Direct Line. Calls will be recorded and staffed through the proper agency. Be sure to leave your name and telephone number in case more information is needed to correctly address your concern.

Write, E-mail or call 92nd ARW/PA  
1 E. Bong St. Suite 117  
Fairchild AFB, WA 99011  
[direct.line@fairchild.af.mil](mailto:direct.line@fairchild.af.mil)  
247-2323



Col. Anthony M. Mauer  
Commander,  
92nd Air Refueling Wing



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### Public Affairs

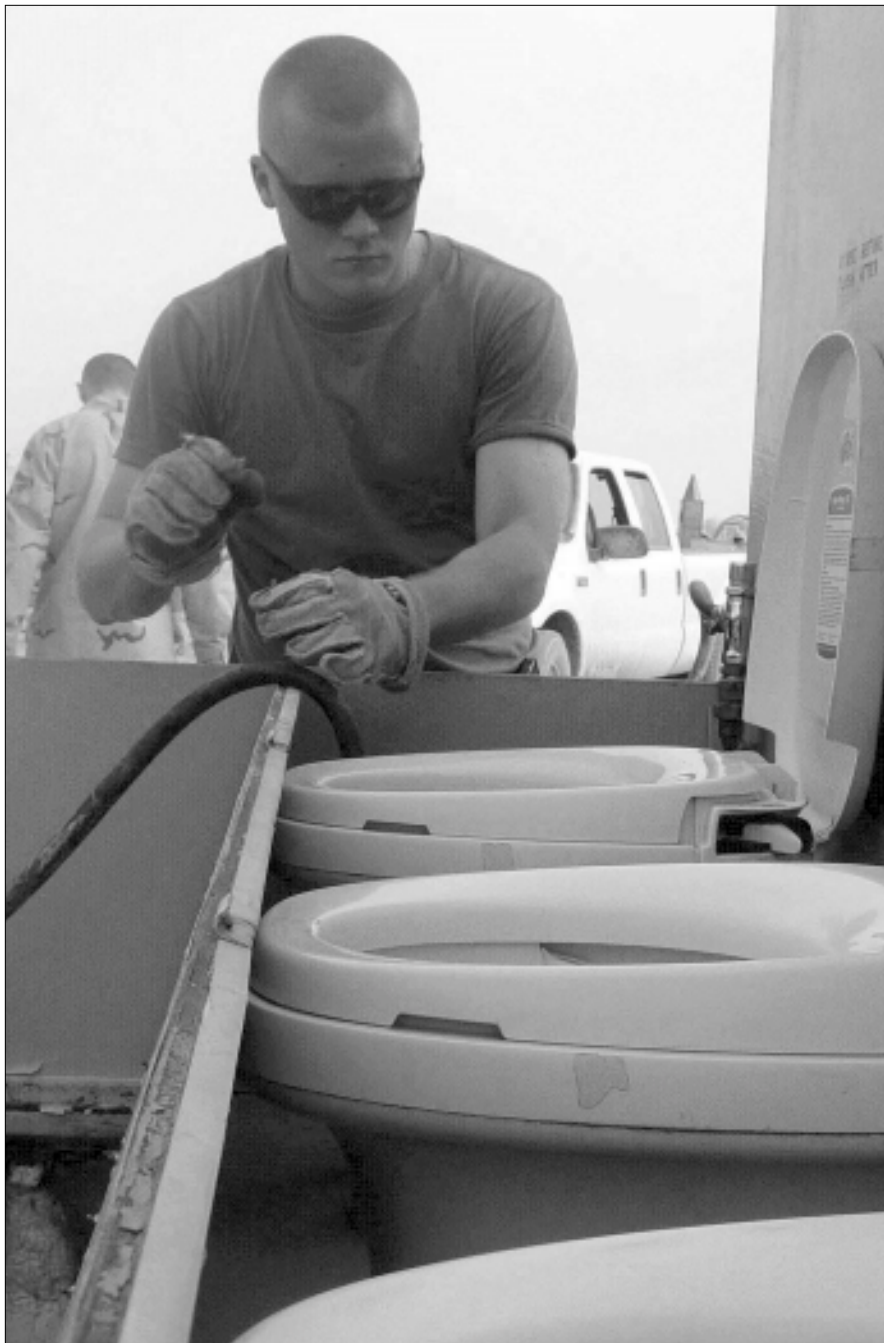
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**Staff Writer**  
Airman Nathan Putz





Staff Sgt. Chris Stagner

### All in a day's work

**TALLIL AIR BASE, Iraq** - Airman 1st Class Jason Hill breaks down a Harvest Falcon latrine tent so a new cadillac latrine can be installed in its place. The cadillac latrines provide a more comfortable, private environment and are an important quality-of-life issue. Airman Hill is a utilities-systems apprentice deployed from Fairchild.

### VA seeks volunteers to inventory cemetery memorials

**WASHINGTON D.C.** - The Department of Veterans Affairs is seeking volunteers to research and photograph monuments in its 120 national cemeteries and 33 soldiers.

"We have a large number of cemetery memorials, large and small, remaining to be inventoried," said Anthony Principi, secretary of veterans affairs. "The efforts of dedicated volunteers will assist VA in maintaining all national cemeteries as national shrines."

When VA's memorials inventory project began in May 2002, it was estimated that 300 memorials would be found in national cemeteries and soldiers' lots.

To date, nearly 800 memorials have been identified with help from more than 220 volunteers. Approximately 300 memorials in 20 states remain to be documented and VA will continue to recruit volunteers for the project until all are documented.

Veterans Affairs provides volunteers with project instructions, survey questionnaires and film. Volunteers take measurements and photographs, record inscriptions, make notes on a monument's condition and conduct historical research.

The project has attracted a wide range of people, including students, teachers, scout groups, active and retired military members, scholars, history professionals and enthusiasts. The information obtained from the project will be made available to the public through the Smithsonian Institute's art

inventory database.

For additional information about the project or to volunteer, contact historian Darlene Richardson at 202-565-5426 or E-mail [nca.memorials@mail.va.gov](mailto:nca.memorials@mail.va.gov).

### Change to criteria for award of the Air Force Expeditionary Service Ribbon

To qualify for the Air Force Expeditionary Service Ribbon, individuals must have deployed for a minimum of 45 consecutive days, or must have accumulated 90 nonconsecutive days of deployment. Only one AFESR per deployment is authorized, regardless of number of consecutive days over 45 the individual deployed, and only one AFESR is authorized after accumulating a total of 90 nonconsecutive days. For example: 90 consecutive days of TDY qualifies for only one AFESR; 180 consecutive days TDY qualifies for only one AFESR, accumulation of 90 nonconsecutive days qualifies for one AFESR, etc. The intent of this ribbon is one AFESR for each deployment, provided the required deployment days are met. It's not intended to be awarded in multiples corresponding to each 45 consecutive days deployed.

Individuals should address questions/comments to their local Military Personnel Flight. MPFs should contact their MAJCOM counterparts to resolve or address questions/comments or obtain additional information.

MAJCOM may address questions or concerns on this message to HQ AFPX/DPPRA, DSN 665-2516 or 665-2520.

### Troops-to-Teachers

The purpose of TTT is to assist eligible military personnel to transition to a new career as a public school teacher in "high need" schools. The teachers then serve low-income families throughout America. The program has helped to relieve teacher shortages, especially in math, science, special education and other highly needed subject areas. The Troops to Teachers program was established in 1994 as a DoD program.

Pending availability of funds, financial assistance may be provided to eligible individuals as stipends up to \$5,000 to help pay for teacher certification costs or as bonuses of \$10,000 to teach in schools serving a high percentage of students from

low-income families. Participants who accept the stipend or bonus must agree to teach for three years in schools that serve students from low-income families in accordance with the authorizing legislation.

The TTT homepage provides information and resource links, including a job referral system to allow participants to search for job vacancies as well as links to State Department of Education, state certification offices, model resumes and other job listing sites in public education.

Brochures are available at the Base Family Support Center and Education Center. For more information about TTT, call 850-452-1320 or 1-800-231-6242, or visit [www.proudtoserveagain.com](http://www.proudtoserveagain.com).

**Promotions? Awards?  
Births?  
Unit Activities?  
Submit information  
for Squadron News  
to Unit Public Affairs  
Representatives, send to  
[92arw.pa@fairchild.af.mil](mailto:92arw.pa@fairchild.af.mil)  
or call 247-5705 to find  
out who your UPAR is.**

Now playing  
at the  
Fairchild Theater

Friday

Texas Chainsaw  
Massacre  
(R)

1 hour, 38 min.  
This remake of the 1974 horror classic follows five 20-somethings who find themselves stranded in a small Texas town, where they encounter a chainsaw-wielding maniac known as Leatherface. The killer has spent years sawing people up and constructing masks out of his victims' skin, with everyone in the town looking the other way. With no one to help them, the outsiders must find a way to escape before meeting a grisly death.



Saturday

Kill Bill, Vol. 1  
(R)

1 hour, 36 min.  
A pregnant assassin (Uma Thurman) named the Bride is shot by her boss, Bill (David Carradine), and her co-workers at her wedding (the wedding guests are also shot). She survives, though, waking up exceedingly angry after a four-year coma, and decides to hunt down and kill every single one of the assassins who were responsible, saving Bill for last. The three-hour film has been divided into two parts, this one and *Volume 2*.



Dec. 12

Brother Bear  
(G)

1 hour, 25 min.  
*Brother Bear* is the story of a young Native American, Kenai (Joaquin Phoenix), whose older brother is killed by a bear. During the young man's attempt to avenge his death by killing that bear, the Great Spirits transform the young man into the thing he detests most — a bear.



Dec. 13

Scary Movie 3  
(PG-13)

1 hour, 30 min.  
The third installment in the *Scary Movie* spoof franchise pokes fun at sci-fi thrillers and sees TV news reporter Cindy Campbell (Anna Faris) investigating mysterious crop circles on the farm of Tom Logan (Charlie Sheen). Other Cindy subplots that will ring a bell involve a mysterious videotape that kills one of her friends and an encounter with a prophet named Orpheus (Eddie Griffin), who tells Cindy she's "the one" and must help the president (Leslie Nielsen) prevent an alien invasion.



Doors open at 6:30 p.m., and the movie starts promptly at 7 p.m. Children 5 and under are admitted free, 6 to 11 are \$1.50 and adults are \$3. Call 247-5600 for a list of movies and times.

Bowl by mail  
tournament

This tournament, sponsored by the Department of the Air Force is open to all youth ages five to 18 who are authorized to use 92nd Services Squadron facilities.

The tournament will be held Dec. 23 at 10 a.m. The objective of this program is to introduce youth to the lifetime sport of bowling, develop eye and motor coordination, provide positive motivation and recognize personal achievements.

Air Force-wide winners in each category will be sent an award. For more information, call the youth center at 247-5601.

Exchange hosts Santa

Santa will be at the Base Exchange Saturdays and Sundays from 11 a.m. to 2 p.m. December 21 will be the last opportunity to visit with Santa before he makes his long journey around the world.

Volunteers needed

Volunteers for all aspects of Martin Luther King week are needed. If people would like to volunteer contact Master Sgt. Richard Williams at 247-5355.

Hearts Apart

Hearts Apart morale calls can be made from home by dialing the base operator at 247-1110 or 247-1212, one week after the active duty member departs Fairchild.

The program allows family members of deployed military and employees a free 15-minute call.

Deployed personnel must be in unaccompanied status overseas or a remote geographic location, or TDY for more than 14 days.

The quality of life program allows family members of deployed military and employees a free 15-minute call, once per week.



Staff Sgt. Nathan Gallahan

Slow down speed racer

Saturday the speed limit changed from 30 mph to 20 mph for the entire length of Castle Street from the intersection of Mitchell Drive to the intersection of Offutt Parkway. The speed limit is changing due to high pedestrian traffic. The speed limit for the rest of the base is 30 mph unless otherwise posted.

Coats for Fairchild

Tiger Cubs, Den Six and Bear Den Five have been collecting coats. Those who need a coat or know someone who does, stop by and pick one coat up today from 1 - 4 p.m. at the Base Chapel.

Lost and found

Several items have been turned into the security forces lost and found. The items relinquished to security forces as found or abandoned property include:

- 21-speed bicycle
- Pellet gun
- Diary
- (2) Wallets

Rightful owners of any of the above listed property, who can give a full description of the lost items, should contact security forces investigation at 247-5868, Mondays - Fridays during normal duty hours.

New York Air Guard

The 109th Airlift Wing, in Scotia N.Y., has traditional guard vacancies in the following career fields: 1A2X1, 1C0X2, 1C3X1, 1N0X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2F0X1, 2S0X1, 2T0X1, 3C1X1, 3C3X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4D0X1, 4N0X1, 4P0X1, 4T0X1, and 6C0X1. There are also full-time active duty positions in the following AFSCs: 2A5X1 and 2E271. For more information, contact Master Sgt. Wesley Ryerson at 1-800-524-5070 or E-mail at [Wesley.Ryerson@nyscot.ang.af.mil](mailto:Wesley.Ryerson@nyscot.ang.af.mil).

UFT selection board

The next undergraduate flying training board will convene at the Air Force Personnel Center March 2.

This selection board will review applications for pilot and navigator only. Those officers born after April 1, 1974 and a total federal commissioned service date after April 1, 1999 will be eligible to apply for UFT.

Completed applications must be postmarked by Jan. 16.

Applicants should advise commanders and supervisors, who need to provide AF Form 215 comments, of the application deadline.

Applications with incomplete or missing data may not be processed. All applicants competing for pilot training must also complete the basic attributes test.

For more information on application procedures, contact the Base Formal Training Element at the Military Personnel Flight.

Religious holiday schedule

Protestant

Sunday, 10:30 a.m.

Sunday school Christmas program at Blair Elementary School

Dec. 24, 7 p.m.

Christmas Eve candlelight service Dec. 31, 11 p.m.

Watch Night service in the Base Chapel

Jan. 1, 12:15 a.m.

Watch Night breakfast fellowship in the chapel commons area



Catholic

Dec. 24, 5 p.m.

Christmas Eve family mass Dec. 24, 11:30 p.m.

Christmas eve carols and midnight mass Dec. 25, 10 a.m.

Christmas Day mass

## 92nd Services Squadron

Welcome to Fairchild AFB, Senior Airman Rebecca Merseal. We wish you the best and hope you enjoy your stay here.

## 92nd Maintenance Operations Squadron

Farewell to Master Sgt. Daniel Nall and his family on his retirement after 20 years of service in the Air Force.

Welcome Master Sgt. Jon Krause and family to the squadron, from McChord, as he takes the reins of the Maintenance Training Flight.

Finally, congratulations to our newest outstanding staff sergeant promotees: Joshua Eickhoff and Amanda Holzknecht.

## 92nd Aeromedical-Dental Squadron

Welcome to Lt. Col. Blake Lollis and his family arriving from his private practice in Little Rock Ark., Staff Sgt. Stephanie Badia and her family who PCAd to Flight Medicine from the Family Health Center, and finally Staff Sgt. Jacob Ramos who PCAd to Flight Medicine from the Family Health Center.

Congratulations to Staff Sgt. Kasey Moore-Ritchie, aerospace physiology training unit and Staff Sgt. Brian Ritchie, 336th Training Support Squadron, on the birth of their son, Aengus Calum Ritchie, born Nov. 28, weighing six pounds, 12 ounces.

Congratulations to our newest promotees: Master Sgt. Fred Wagner and Airman 1st Class Tracey Daniels who were pinned on in December.

## 92nd Logistics Readiness Squadron

Congratulations to Staff Sgt. Donald and Mandy Jost on the birth of Baylee, born Nov. 21, weighing eight pounds, nine ounces.

## 92nd Maintenance Squadron

We would like to thank Senior Airman Brent Populis for staying true to the ‘Blue.’ Congratulations on your re-enlistment.

Congratulations to Tech. Sgt. Gregory Atchley and his son Brock Atchley in graduating from Air Force basic training Nov. 28 at Lackland AFB, Texas. Technical Sgt. Atchley’s son will be assigned to Sheppard AFB, Texas and entering the survival equipment career field. Like father, like son.

Welcome to our newest baby Devin Richards, born to Airman Samantha Richards and husband DJ. Baby Devin was born Dec.3, weighing nine pounds, two ounces.

We have to say goodbye to Staff Sgt. Alan Sacks, chief technical administrator, we wish you great success in your future career.

Words from the commander: Keep up the good work MXS, I couldn’t ask for a better squadron.

## 92nd Communication Squadron

Kudo’s to Airman 1st Class Sabrije Shemo of the Base Multimedia Center for passing the end of course exam of her 5 level CDC’s, tackling another important milestone in her Air Force career.

Congratulations to Senior Airman Josh Denmark and his wife, Lisa. Their new daughter, Skyler, was born Nov. 18, weighing seven pounds, 11 ounces.

## 92nd Medical Operations Squadron

Welcome Tech. Sgt. Robert Weeks and Staff Sgt. Christopher Rogers joining us from the 92nd Aeromedical-Dental Squadron.

Farewell to Lt. Col. Karrin Sax and her family departing to Montana.

Colonel Sax will be taking her well-deserved retirement.



# Laboratory test results hits nail on head

**Story and photos by  
Staff Sgt. Nathan Gallahan**  
92nd Public Affairs

A unit on base was inspected by the College of American Pathologists Thursday and yielded a full accreditation with distinction.

After being inspected on 640 separate check-listed items, the 92nd Medical Support Squadron Laboratory received excellence in every area.

"I have never seen a laboratory do this good in my entire career," said Sheila Haley, NCOIC, 92nd MDSS.

The laboratory is broken down into nine separate areas; the drawing room, hematology, chemistry, special chemistry, urinalysis, serology, blood bank and microbiology. Each area was inspected over the course of the day by four inspectors from CAP.

"We were all ready for any questions that they had," Ms. Haley said. "They went line by line down the inspection checklist."

"The day was nerve wracking, they were in everything and right there on top of you," said Senior Airman Edgar Ferreira, laboratory technician, 92nd MDSS.

Although being CAP certified isn't a requirement for non-military laboratories, according to Air Force regulations, all Air Force labs must be inspected every two years.

"Earning this certificate proves that our laboratory, and the people working here are indeed top notch, but earning full accreditation with



Senior Airman Edgar Ferreira, laboratory technician, 92nd Medical Support Squadron, draws blood from little Baylee Jost for testing. Baylee is the daughter of Staff Sgt. Donald Jost, fuels laboratory, 92nd Logistics Readiness Squadron.

distinction and no discrepancies is flat-out unheard of," said Lt. Col. John Flynn, commander, 92nd MDSS. "I would also like to take this opportunity to publicly thank our lab personnel and to commend them on

their outstanding achievement, as they deserve all the credit."

The laboratory personnel received the lead inspector's highest praise by singling them out as the best military or civilian laboratory he had seen in

his 15 years of inspecting.

"The main thing that we try to do is provide the best results that are without question – on the money," said Airman Ferreira. "The inspection team proved that."

Continued from Page 1

## ATSO

work in chemical gear. It takes longer to move from one place to another and it's a challenge to communicate with each other," said Colonel Hull.

The ATSO exercise was held at various locations including Camp Airey, Buildings 1001 and 1003 and the 92nd Air Refueling Squadron. Planning for the exercise began in July and was organized by an eight-person team from wing inspections, group and squadron readiness offices and wing exercise evaluation team members.

"Due to 9/11 and the bases' huge deployment commitments since then, Fairchild hasn't done an ATSO exercise since 2001," said Maj. Dan Shaltanis, wing inspections chief, 92nd Air Refueling Wing. "This exercise was our initial step at doing these vital training exercises."

"With that in mind, this was an effective ATSO, however the wing has much more to learn and needs to continue to do ATSO's to train unit type code's for deployment," he added.

Exercise participants carried out more than 15 different duties to ensure mission effectiveness. Duties included flying, transporting, medical, weather and safety.

"Team Fairchild is full of outstanding warriors. If our wing is ever tasked to pack up, move out and set up a bare base somewhere across the globe, we'll be ready," said Colonel Hull.



Participants in the ATSO exercise practice moving an airman, simulating an injury, on to a litter in Building 1001 Dec. 4.

2nd Lt. Tiffany Payette

# Sending mail to deployed troops

**Rob Fortenberry**  
92nd Public Affairs

On a daily basis Fairchild AFB receives requests from the public on how they can show their generosity and support to deployed troops and the citizens of the countries they are deployed in. The majority of these offers are of homemade baked goods, cards and letters, and other “care package” items for personal consumption or for the citizens of country X, usually their school children.

Unfortunately, the days of other Armed Services being able to accept these offers are over and public affairs is saddled with explaining this to the public. With all rules, there are exceptions and in talking with a proposed donor a PA professional may find the donation may fall under the Denton Amendment or Economy Act, thus giving the donor an alternative route of support.

Because issues associated with donations from the public for deployed members are so complex, such offers should always be directed to PA. This will allow PA to properly answer the public's questions, educate them, and offer assistance and information on alternative support possibilities, or direct them to an organization locally that can accept their donation.

In almost all cases, if there's a reasonable way to facilitate it, the PA office's first consideration of local support offers in the form of goods or money, is to route them to the Fairchild Family Support Center. Since the Air Force cannot transport the donations using official means, the donations will at least make their way to the families of deployed members and, in many, cases to the single airmen and other Spokane military units.

No organization is more in tune with the needs and support requirements of the Spokane military family community than the FSC.

There is a logistics burden placed on the FSC should they

accept a project, such as last year's Operation Hero Baggies program, but there's not an organization locally that's more capable of distribution and disposition than they are.

Web sites of organizations sponsoring programs for Armed Forces:

Operation Hero Miles: The public can help American troops travel home to spend quality time with their loved ones by donating frequent flyer miles. For more information, please see: [www.heromiles.org/](http://www.heromiles.org/).

Contribute to "Gifts from the Homefront" certificates from the Army Air Force Exchange Service. These allow the public to send a gift certificate to anyone associated with the military. For more information, see: [www.aafes.com/docs/homefront.htm](http://www.aafes.com/docs/homefront.htm).

Donate to "Operation USO Care Package" at [www.usocares.org/ome.htm](http://www.usocares.org/ome.htm).

The Gift of Groceries program at [www.commissaries.com/certifichack/index.htm](http://www.commissaries.com/certifichack/index.htm) helps meet the family needs of our troops fighting the war on terrorism.

Donate a calling card to help keep servicemembers in touch with their families at Operation Uplink at [www.operationuplink.org/](http://www.operationuplink.org/).

Send a greeting through Operation Dear Abby at [anyservicemember.navy.mil](http://anyservicemember.navy.mil).

Sign a virtual thank you card at the Defend America Web site at [www.defendamerica.mil/nmam.html](http://www.defendamerica.mil/nmam.html).

Due to security concerns and transportation constraints, the Military Postal Service will not forward items mailed to "Any Servicemember." Some people and organizations have tried to avoid this prohibition by sending large numbers of packages to an individual servicemember's address, which may clog mail and cause delays of mail for servicemembers observing the rules.

For more information call Rob Fortenberry at 247-5707.



# Winter sports safety

Skiing, snowboarding can be a lot of fun, but without proper preparation they can be extremely dangerous

Outdoor winter activities such as skiing and snowboarding are great forms of exercise and they're also a lot of fun. Although they're fun, they can also be dangerous if people aren't careful. Children and youth have the highest rate of injury in the skiing population. The following safety tips will help skiers and snowboarders of all ages to decrease their risks of injury this winter and in winters to come.

- ◆ Wear a proper helmet that's specifically made for skiing or snowboarding: Make sure the helmet has a certification label on it to ensure it has been tested for safety and is approved for use. The front of the helmet should rest just above the eyebrows. Pads should be flush against cheeks and forehead. The back of the helmet should not touch the nape of the neck. With the chinstrap fastened, the helmet should feel snug and comfortable. It should not create hot spots or pressure points on the head.

- ◆ Goggles should fit comfortably on the face opening and the ear wells should be in line with the ears.

- ◆ Choose proper fitting equipment: People can have equipment adjusted at most local sports stores.

- ◆ Dress in layers: This will allow people to alter their temperature level throughout the day.

- ◆ Wear the proper clothing: This includes gloves, scarves (tucked in), hats, helmets, waterproof jackets and pants, long underwear and sweaters. Jeans are not recommended, they will not keep people warm and dry if they get wet.

- ◆ Use goggles or sunglasses to protect eyes from wind, snow and ice. Make sure they protect against UVA and UVB radiation. They will also help to protect eyes from the glare off of the snow and ice.

- ◆ Use an SPF lip balm and sunscreen. Just because it's cold, doesn't mean people can't get a sunburn.

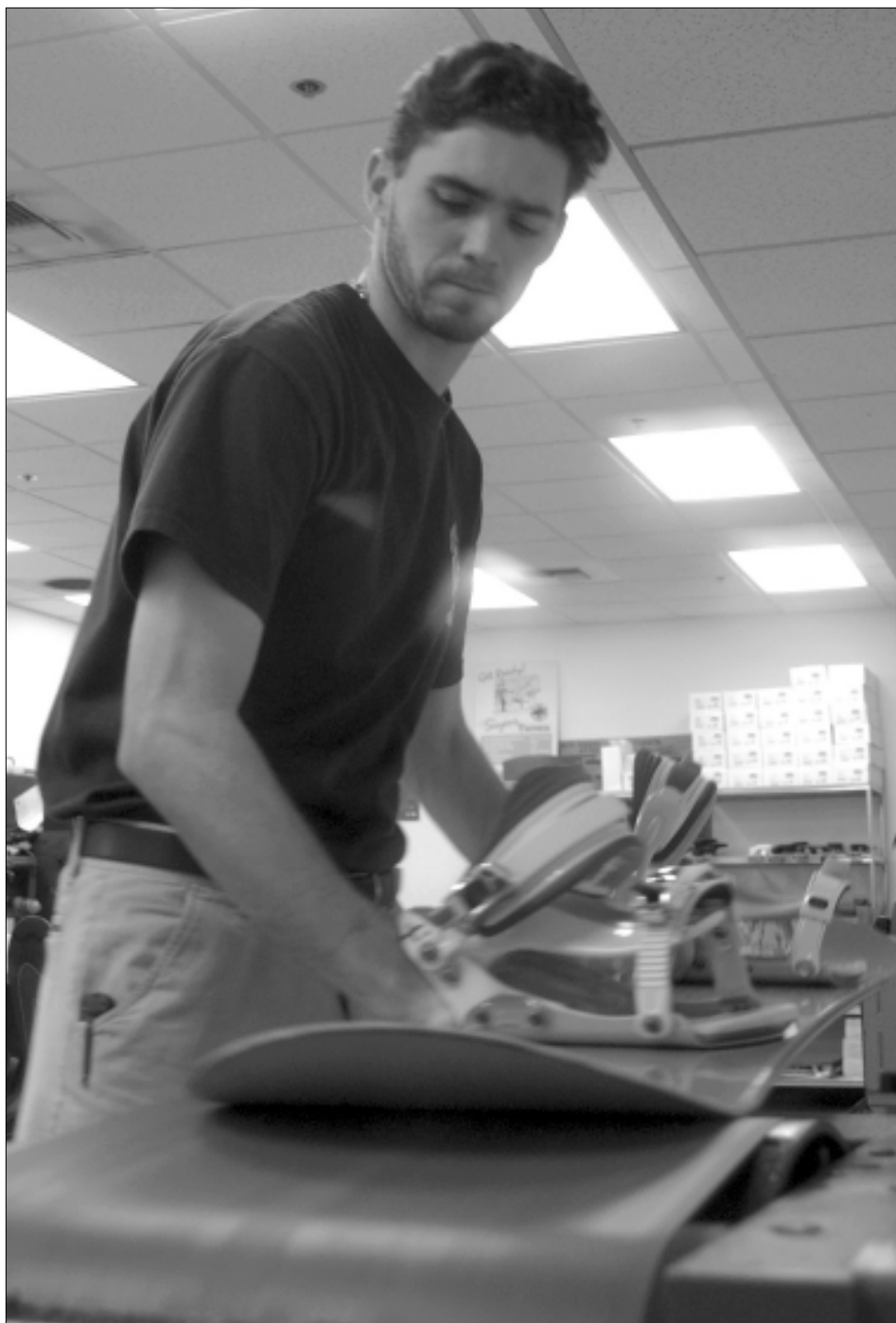
- ◆ Beginners should take a lesson from a trained professional before attempting to ski or snowboard on their own. Learning the basics can give people valuable knowledge that can help to protect them against injuries and falls.

- ◆ If people are unsure about a certain hill, don't risk trying it. People should build up their skills gradually and only do what feels safe.

- ◆ People should take a break if they feel tired.

- ◆ Watch out for obstacles such as jumps, barriers and other skiers and snowboarders. Make sure to wear bright clothing, to be seen.

- ◆ Do not venture off of the marked trails. These areas are not safe and are not monitored by ski patrollers. *(Courtesy of 92nd Ground Safety office.)*



Staff Sgt. Nathan Gallahan

Charles McKinney, maintenance repairer, outdoor recreation, sands the bottom of a newly waxed snowboard. Regular safety and

performance procedures are performed on all skis and snowboards once they're returned from rental.

## Holiday season time for celebration, raised safety awareness

This time of year can be very busy with shopping, preparing meals, decorating and visiting relatives and friends. The Fairchild Fire Department would like to remind people to be fire safe during the holiday season.

- ◆ To report an emergency dial 911.

- ◆ While preparing meals keep pot and panhandles turned inward to the stove.

- ◆ Don't leave cooking unattended.

- ◆ Place a lid over the pan for a grease fire, turn off the burner and use an extinguisher if needed. Do not remove the lid until the pan has cooled. Leave the pan on the stove, moving may cause the fire to spread. Never use water on a grease fire. Call 911.

- ◆ Before going to bed after a holiday party, check under, behind and between cushions for smoldering smoking materials. Discard smoking materials in a metal container (coffee can or similar container) wet with plenty of water before putting it in the outside trash can.

- ◆ When displaying a live Christmas tree, cut

the base of the tree diagonally 1-inch above the original cut and place the base of the tree in water or wet sand. Remember to check the water level daily.

- ◆ Keep Christmas trees away from heat sources and keep lights to a minimum.

- ◆ Candles are not to be used as tree lights or other decoration schemes.

- ◆ Do not block exit paths with trees or decorations.

- ◆ Use only flame resistant decorations.

- ◆ Do not exceed manufacture's recommended maximum lights when connecting strings of lights together.

- ◆ Only use outdoor rated lights when decorating outside.

- ◆ Do not staple or nail lights hanging on the house, instead use tape or plastic zip ties.

- ◆ If you must use extension cords be sure they are rated for the correct load.

- ◆ Only plug one item to an extension cord and

keep them out of highly traveled areas where they could be a tripping hazard.

- ◆ Do not run extension cords under rugs or carpeting.

- ◆ Recommend that you remove live Christmas trees the day after Christmas.

- ◆ Remove fallen pine needles from around the Christmas tree and place them in the outside trash containers.

- ◆ Check smoke detectors and replace the battery if needed.

- ◆ Turn off all lights and decorations before leaving the house or going to bed.

Remember all fires must be reported even if they are put out by the individual. All base facilities and housing residents should call 911 to report fires and all other emergencies. As always, have a planned and practiced fire escape plan.

For more information, call the Fire Prevention Office at 247-5215. *(Courtesy of the Fairchild Fire Department)*



**By Staff Sgt. Nathan Gallahan**  
92nd Public Affairs

Shopping at a commissary may save some people a lot of money, reserve and guardsmen can now share that benefit, year-round and unrestricted, with their fellow active duty members.

When President George Bush signed the Defense Appropriation Act Nov. 24, he allowed all guard and reserve members to save money by purchasing food and other goods, without restriction, from the commissaries.

Prior to the act being signed, guard and reserve members were only allowed to make purchases at the commissary 24 times a year. They were issued Commissary Privilege Cards, and every time they made a purchase, the cards were marked.

“Carrying the card around was rather inconvenient,” said Tech. Sgt. Joe Nesbitt, aircraft mechanic, Washington Air National Guard. “If you forgot the card at home over a weekend, you would lose your commissary privileges for that time.”

Now that the bill has been signed, guard and reserve members are welcome to shop in the commissary however many times they want to, said Bill Carroll, Fairchild Commissary Retail Manager, Defense Commissary Agency. Their

commissary privileges are exactly the same as active duty now.

Air Force guardsmen are not the only benefactors since the bill has been signed.

“On guard weekends, the checkout lines at the commissary would be really backed up, since that’s when we do most of our shopping there,” said Sergeant Nesbitt.

“Since guardsmen and reservists can shop whenever they want too, the ones that live near base can shop during the week, and hopefully shorten the line on the weekends,” he said.

The bill affects every branch of the service. DeCA is DoD wide. All commissaries, from every branch of service, were consolidated in 1991. The savings found at one commissary will be the same savings found at others.

Defense Commissary Agency’s goal is to save shoppers at least 30 percent compared to off-base stores. Quarterly, commissary representatives survey prices to make sure the goal is being met.

“The average family of four would save approximately \$2,400 dollars a year,” said Mr. Carroll.

Allowing reserve and guardsmen to shop at commissaries unrestricted will not only bring increased revenues to DeCA, but increase the quality of life for all members of the Armed Forces.



Staff Sgt. Nathan Gallahan

Juanita Hval, wife of retired Sgt. 1st Class Age Hval, Washington Army National Guard, shops at the commissary, since Nov. 24, she has been able to shop there unrestricted.



Quilts  
of caring

Fairchild special activity group helps to keep needy children warm during holidays



Julie Womack, special activities group, sews a quilt that will be donated to Sally's House, a stopover for children from broken homes. The group has made seven quilts to be donated.

By Tech. Sgt. Martie Capoeman  
92nd Public Affairs

Imagine being a child. Imagine being taken out of your home with nothing, not even the clothes on your back. That's what happens to children who have been subjected to living in homes with methamphetamine labs. The U.S. Department of Justice report shows Washington state as having the second highest number of children present at meth lab busts, California being the first. Many of these children, as well as other neglected children, end up at Sally's House. According to the Salvation Army Web site, Sally's House, in collaboration between Washington State and the Salvation Army, provides stopovers for children in need. The children can be there anywhere from a few days to a month. Some of the children are there because of meth lab busts, and had to have everything destroyed, so they have absolutely nothing, said Lynda Burns, Washington State

Quilters Association member. These are truly needy children. Mrs. Burns recruited the Fairchild Officer Spouses Club and the Enlisted Spouses Clubs' special activities group to make quilts for Sally's House. The group started meeting in September and meet every Monday for about two hours, said Julie Womack, special activities group. "We're really lucky to have the skills development center to donate the space and the sewing machines," she said. Traditionally quilts were made to keep people warm, said Mrs. Womack. They were made out of scrap material, now they're usually hung on walls for decoration, but these quilts will be used for their traditional purpose — to keep children warm. About 10 people have actively participated making quilts for Sally's House, said Mrs. Womack. They've completed seven quilts for the children. "It's nice to do a service project for a worthy cause," said Mrs. Womack.

Medical professionals gave an 'ounce of prevention' to Fairchild children

By Tech. Sgt. Martie Capoeman  
92nd Public Affairs

Members of the 92nd Public Health Flight, Women's Health Clinic and Family Health Center took customer service one step further Monday, when they set up shop at Fairchild's Child Development Center, to ensure children had their flu shots. "Immunizing at the CDC was a great way to reach out to the public and bring the service to them," said Capt. Kari Smith, commander, 92nd Public Health Flight. "Since a case had been diagnosed at the CDC, it was a good opportunity to offer our Fairchild children future prevention against the influenza virus." We gave 127 shots at CDC alone, said 1st Lt. William Lujan, deputy commander, 92nd Public Health Flight. We were expecting maybe 40 children, so we were really happy with the turn out. The presence of medical professionals was an added plus for the parents picking up their children at the CDC that evening. "When we went into the CDC to pick up our daughter someone from public health recommended the flu shot," said Staff Sgt. Jose Garza, financial analyst, 92nd Comptroller Squadron. "We trusted the advice. I wanted to help prevent my child from getting sick, so we

had her get the shot." The flu shot is needed every year, as the virus strains included in the shot change each year based on the predicted virus strains that would be potentially attacking in the upcoming flu season, said Dr. (Capt.) Amy Huber, pediatrician, 92nd Medical Operations Squadron. "So far about 750 kids on base have been vaccinated," said Captain Smith. "The children at the CDC received a half-dose of the vaccine, based on their age," said Lieutenant Lujan. "We will be back to CDC to give the second-half of the dose, Jan. 8 from 3 – 6 p.m." Since starting the flu shots in October the clinic has given more than 6,000 shots, said Lieutenant Lujan. That's 60 percent more than last year. In addition to their visit to the CDC for the children, the flight also gave shots to the CDC staff a few weeks ago. On top of that, they've brought the mobile immunization clinic to the flyers safety meeting, 92nd Wing Headquarters Building, and to the Funspot, to allow everyone from family members to retirees to get the vaccine, said Lieutenant Lujan. The shots seem to have come at the right time, and there isn't a shortage to worry about on Fairchild. "We have had two laboratory confirmed cases

Infections control measures

- ◆ Wash hands or use alcohol hand solutions after being in public or having contact with anyone with a cold or flu
- ◆ Cough into a disposable tissue and promptly dispose of it, or cough into the inside of the elbow if tissue isn't available
- ◆ Don't expose young children or immunosuppressed children unnecessarily to large crowds when influenza is in the community
- ◆ Avoid close contact between infants and anyone who has a cold or the flu

of influenza on base, also involving two children, and an increase in 'influenza-like-illness' visits in both the pediatric and adult patients," said Captain Smith. "As for the vaccine, late Monday afternoon, our MAJCOM supply sources had indeed authorized release of more flu vaccine for the Fairchild population, what a relief." One category Lieutenant Lujan recommends receive the shot are pregnant women. "They can get the shot if they are in their second or third trimester," he said. "It's highly recommended." However, there are two categories of people who should decline the shot. "The biggest contraindication for the flu shot is known allergy to eggs/egg products, or prior reaction to the flu shot," said Dr. Huber. "The vaccine is inactivated, hence it contains only noninfectious virus and cannot cause influenza."



# Legal Observations, advice

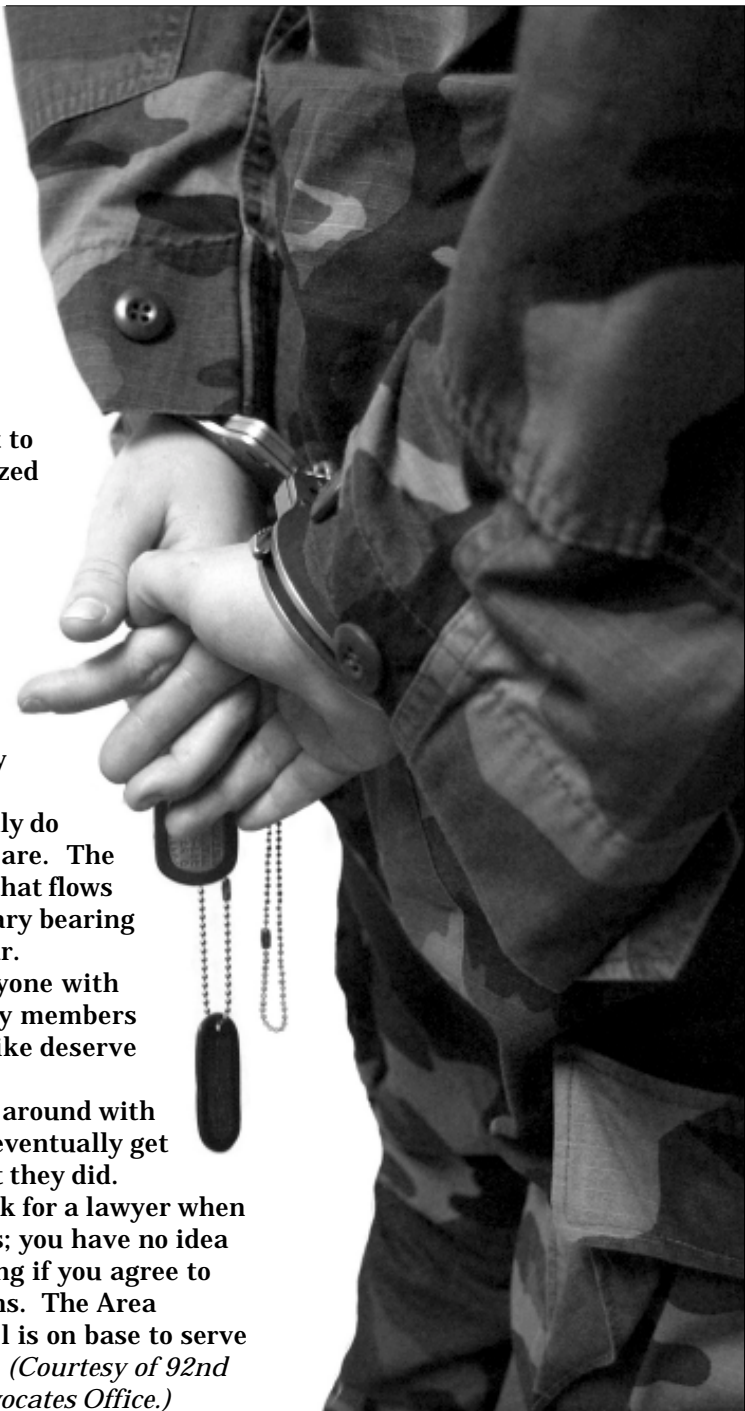
## Top 10 ways to stay out of jail

*(The observations and advice that follows was first compiled by an Area Defense Counsel out of Royal Air Force Base Lakenheath, England. Some of the information has been elaborated upon. People will probably detect a slight bent towards defense of airmen in trouble, but that's O.K. The judge advocates at the Base Legal Office find the advice that follows informational and important.)*

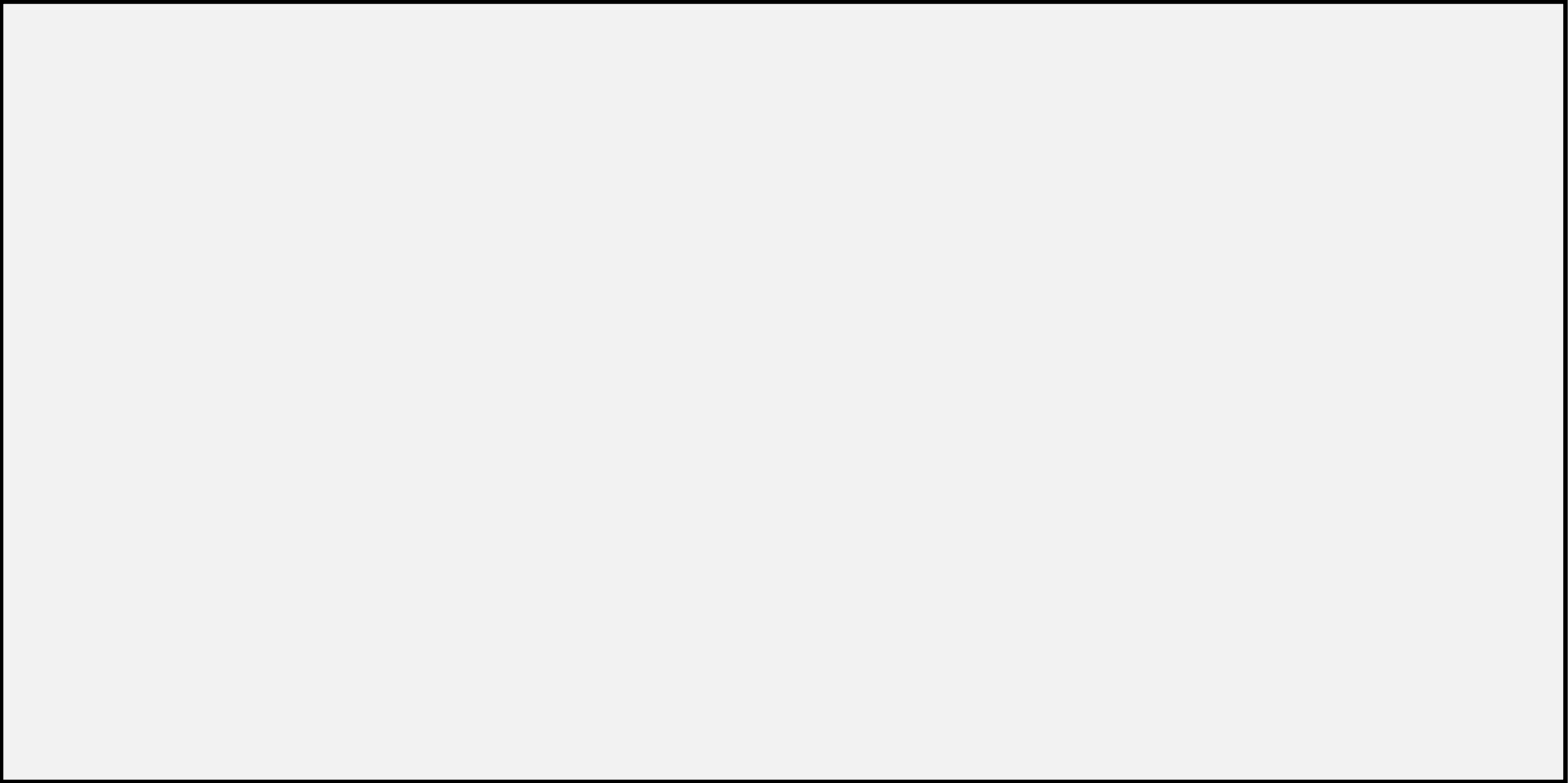
- ◆ Too many airmen drink far too much. A large portion of the cases the Area Defense Counsel deals with involve alcohol. The message is not to avoid drinking all together, but the volume of alcohol shouldn't shock the conscious of the average person. If people drink themselves into a stupor every weekend, they need help.
- ◆ Drug use is by far the most common court-martial offense. If people use drugs they'll get caught because one of their friends will rat on them. Drug use tends to be a group activity and someone always ends up talking about it. If people think their friends are different – they're kidding themselves. Besides, if talking about it doesn't catch the drug user, the Random Urinalysis Program just might.
- ◆ Commanders, first sergeants and the legal office staff are not out 'to get' people. These are men and

- women of integrity who take adverse action only when presented with evidence. They want to help people with personal problems, but their first priority is to the Air Force.
- Airmen who face adverse action are generally good people. The Area Defense Counsel often comments that they have the best clients in the world and would do everything in their power to defend them and lessen their burden.
- With the above observations on the table, following is the top ten list of things people can do to complete a successful Air Force career. An honorable discharge and the G.I. Bill have the potential to open many doors for prior enlisted personnel. The Air Force wants people to succeed in life, but the choice is theirs.
1. Quit getting sloppy drunk; otherwise, you'll end up doing something really stupid or even fatal.
  2. Don't ever use drugs; ask yourself if it's worth your career, your G.I. Bill, your reputation and a criminal record.
  3. Don't lie, not even a little; either tell the truth or say nothing at all.
  4. Live within your means; most people can't afford a Porsche – chances are you can't either.

5. Be likeable and valuable; good troops get breaks and additional help because they've earned them.
6. If you want to fight, try organized boxing; it's a lot harder than it looks.
7. Always be squared-away and 10 minutes early; your uniform, haircut, military bearing and punctuality really do reflect who you are. The self-confidence that flows from good military bearing can carry you far.
8. Treat everyone with respect; military members and civilians alike deserve it.
9. Don't hang around with idiots; you will eventually get blamed for what they did.
10. Always ask for a lawyer when read your rights; you have no idea what you're doing if you agree to answer questions. The Area Defense Counsel is on base to serve you – use them. *(Courtesy of 92nd Staff Judge Advocates Office.)*



Graphic by Staff Sgt. Nathan Gallahan





Airman from the 92nd Logistics Readiness Squadron help an airman walk in a self-made splint. Numerous injuries were simulated throughout the ATSO exercise.



Members from the 92nd Logistics Readiness Squadron practiced donning their mission oriented protective

# Ability to Survive

Photos taken by 2nd Lt. Tiffany Payet



Staff Sgt. Wayne Harpestad, vehicle maintenance, 92nd Logistics Readiness Squadron, helps an airman simulating symptoms of suffering from combat stress in Building 1001 Dec. 4. Participants were evaluated on techniques of self aid and buddy care throughout the exercise.



Senior Airman Lilliana Caudillo, flight kitchen chef, 92nd Squadron, prepares food for participants of the ATSO exercise Dec. 4.





the posture gear for potential attacks on Sector A Dec. 4 in Building 1001.

# and Operate

te and Airman Nathan Putz



Services Squadron, unloads MREs in Building 1001

Staff Sgt. Hector Garcia, mobile communications technician, 92nd Communications Squadron, fixes an Internet connection during the ATSO exercise in Building 1001 Dec. 4.



Colonel David Womack, commander, 92nd Medical Group, Colonel Diane Hull, commander, 92nd Operations Group, and Staff Sgt. Jose Valdez, emergency actions controller, 92nd Command Post, discuss issues pertaining to the ATSO in the Wing Operations Center Dec. 4.



Staff Sgt. Jonathan Dolar and Airman 1st Class Matt Wiseman, electricians, 92nd Civil Engineer Squadron, check for proper voltage and phase rotation at Camp Airey during the exercise. Wind chill was a big factor to workers at Camp Airey. Workers took shifts to keep warm and were urged to watch their fingers and toes and told to go inside if they felt numbness.



Staff Sgt. Nathan Gallahan

Athlete of the Week

Bruce Ward

**Activities:** Karate, running, weight lifting, softball and hunting.  
**Training:** Karate three times a week, weight lifting and running four times a week.  
**Favorite sport:** Softball, karate is not a sport.  
**Fitness accomplishment:** 2nd Degree Black Belt Shotokan Karate.  
**Advice:** Never let others control you mentally or physically. Focus on what is important to you and do everything you can to achieve that goal.  
**Goal:** 3rd Degree Black Belt by the end of next year.  
**Motivation:** I am going to be a grandfather this spring. I want to make sure I am around for a long time to enjoy it.  
**Motto:** “Cowards die a thousand deaths, heroes only one.”

WELLNESS TIP

Reducing breast cancer risk

More than 200,000 women and 1,300 men are diagnosed annually with breast cancer\*

To reduce the risk of breast cancer:

- Cut down on high-fat food, maintain ideal weight
- Get regular, brisk exercise
- Eat at least 5 fruit and vegetable servings each day
- Consider daily multivitamin, mineral supplements
- Avoid or restrict alcohol, avoid tobacco
- Consult health care providers for more options



\*American Cancer Society statistics

SOURCE: AMC Command Surgeon Office

InfoGraphic by Staff Sgt. Nathan Gallahan



# Information, Tickets & Travel moves to new location

By Jennifer Chiras  
92nd Services Squadron

Information, Tickets and Travel is relocating to 131 N. Doolittle Ave., Ste. 356 between the outdoor recreation connection and the aquatics center. Stop by during ITT's open house, Wednesday through Dec. 19, and enter to win a ski package (rental and lift tickets), Spokane Chiefs hockey tickets, ski rentals, \$50 phone cards and Sunday breakfast at Club Fairchild.

The new office space has separate areas for local tickets and tours and an area just for travel. The tickets and tours office is in the front office when customers enter. The travel offices are in the next two offices behind tickets both sharing the same entranceway.

"Privacy for the customer is the big key, our customers will finally be able to book a trip without everyone else nearby knowing their

business," said Michael Powell, manager, ITT.

Everyone is welcome to visit the new location and enter the give-aways. Separate drawings will be held each day at 4 p.m. during the open house. Register each day for these great prizes:

Wednesday - two free ski rentals from outdoor recreation connection; Dec. 18 - tickets for two to a Spokane Chiefs hockey game and tickets for two to Club Fairchild's Sunday Champagne Brunch and Dec. 19 - a ski package for two (ski rental and lift tickets.)

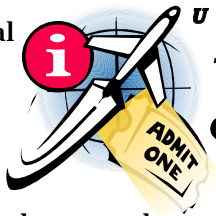
"The giveaways will be tuned to the customer who wins, and their personal preferences," said Mr. Powell.

For example, the winner of the ski package for two will get to choose where he or she wants to ski. The winners of the tickets for the Spokane Chiefs hockey game and Club Fairchild's Sunday Champagne Brunch will get to choose when they want to attend. Customers can register to win by stopping by ITT on the day of each drawing.

Customers have to register on the day of each drawing to qualify for each drawing. Drawings are at 4 p.m. each day. Customers do not have to be present to win.

Information, Tickets and Travel also has several great sports packages coming up for 2004. The Seattle Supersonics basketball season starts soon and ITT can help make it a memorable event. ITT is coordinating a package to include transportation, tickets and lunch provided by Club Fairchild. The same package will be offered for the Seattle Mariners baseball season this summer. This is a great opportunity to enjoy upcoming sports and get an entire package deal with it.

Additionally, ITT plans to sell game tickets separately for each of the Seattle sports teams. So if customers choose to have their own transportation to Seattle, that's fine too. The phone numbers for ITT will stay the same regardless of the move. For more information, call the local tickets and tours office at 247-5649 or the travel office at 244-4797.



U S A F  
**Information  
Tickets  
& Travel**

## Upcoming Services Events

### Children's holiday party

The preschool children's holiday party is Thursday from 6-7:15 p.m. at the Base Library. There will be stories, crafts, treats, antlers and a special visitor. Parents are welcome to bring cameras. For more information, call 247-5556.

### Parents Night Out

Parents Night Out is Dec. 19 from 6:30 p.m. to midnight at the child development center and youth

center. Cost is \$10 per child. Advance registration and payment are required. For more information, call 247-2403 or 247-5601.

### Winter Fest for preteens

Winter Fest is Dec. 22 - Jan. 2 for ages nine - 12 years old at the preteen center in the Deel Community Center. Cost is \$6.50 per session per child for members and \$8.50 per session per child for nonmembers. Sessions are each day from 8 a.m. to 12 p.m. or 1-5 p.m. There will be pool, foosball, Gamecube tournaments, arts and crafts, baking and playing

basketball at the base gym. Payment and registration are required in advance. Deadline to sign up is Dec. 17 by 5:30 p.m. For more information, Devon Traylor on Wednesday at 247-4957.

### Youth fine arts exhibition

Artwork from youth ages six - 18 will be on display Jan. 15-22 at the Fairchild Library and Education Center. There is a reception open to everyone on Jan. 15 from 4-5:30 p.m. Youth can submit entries to the Fairchild Youth Center. Deadline for entries is Dec. 19.

### Categories:

Black and white and color photography, monochromatic drawing, pastel, mixed media, watercolor, collage, oil, acrylic, sculpture, print making and seasonal.

### Age Classes:

Class I, nine and younger; class II, 10-12 years of age; class III, 13-15 years of age; class IV, 16-18 years of age  
Artwork must be labeled with artist's name, age, school, title of work and category so it can be returned following the exhibit. For more information, call Sandy Taylor at 247-8043.